

Low-Carb Chicken Rice Tray Bake

Hands-on 15 minutes Overall 1 hour 15 minutes

Nutritional values (per serving): Total carbs: 15.3 g, Fiber: 6.5 g, **Net carbs: 8.8 g**,

Protein: 41.6 g, Fat: 49.5 g, Calories: 656 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 3 servings)

6 chicken thighs, bone in, skin on (850 g/ 1.9 lb), *about 600 g/ 1.3*

lb if using boneless

1/2 tsp sea salt, or to taste

1 tbsp extra virgin olive oil or ghee (15 ml)

1 small cauliflower, cut in florets (500 g/ 1.1 lb)

2 tbsp ghee or coconut oil (30 ml)

1/2 small brown onion, chopped (35 g/ 1.2 oz)

2 garlic cloves, minced

1 tin chopped tomatoes (400 g/ 14.1 oz)

1 cup chicken stock (240 ml/ 8 fl oz)

1 cup fresh basil leaves, chopped

1/2 tsp paprika

1/4 tsp cracked black pepper

Optional: 1/2 tsp chilli flakes

2 tbsp chopped parsley

tomato sauce into the baking tray. Mix through the cauliflower rice and place the chicken back on top.

6. Bake in the oven for 50 minutes (uncovered) until the cauliflower rice has absorbed all the moisture and the chicken is cooked and crisp on top.
7. Sprinkle with fresh parsley to serve (2 thighs per serving + tomato cauli-rice). Tastes the best when served hot and the skin is still crispy. Store in fridge for up to 3 days.

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Instructions

1. Preheat the oven to 200 °C/ 390 °F (conventional), or 180 °C/ 355 °F (fan assisted). Place the chicken thighs skin side up on a baking tray. Rub over half of the extra virgin olive oil and sprinkle with salt. Bake in the oven for 20 minutes.
2. Meanwhile, place the cauliflower in a food processor and pulse using the S blade until it resembles a rice size consistency.
3. Add the ghee or oil to a pan. Sauté the onion on a low-medium heat for 2 to 4 minutes until soft. Add the garlic for a further 30 seconds. Add the tinned tomatoes, paprika, stock, basil, optional chilli and season to taste with salt and black pepper.
4. Blitz together in a blender for a smoother sauce (like I did) or leave chunky if you prefer.
5. Remove the chicken from the baking tray and set aside. Pour the